

## OSHA 30-Hour Construction Agenda

*Length of topics and break schedule may vary.*

	TIME	Length of Topic	TOPIC
<b>Day One</b> 6 H 30 M	8:15 am - 8:30 am		Administrative
	8:30 am - 10:00 am	<b>1 Hour 30 Minutes</b>	<b>Introduction to OSHA</b>
	10:00 am - 10:30 am	<b>30 Minutes</b>	<b>Managing Safety and Health</b>
	10:30 am - 10:45 am		Break - 15 Minutes
	10:45 am - 12:00 pm	<b>1 Hour 15 Minutes</b>	<b>Managing Safety and Health</b>
	12:00 pm - 1:00 pm		Lunch - 1 Hour
	1:00 pm - 3:00 pm	<b>2 Hours</b>	<b>Health Hazards in Construction</b>
	3:00 pm - 3:15 pm		Break - 15 minutes
	3:15 pm - 4:30 pm	<b>1 Hour 15 Minutes</b>	<b>Construction Safety Inspections</b>
<b>Day Two</b> 6 H 30 M	8:15 am - 8:30 am		Administrative
	8:30 am - 9:15 am	<b>45 Minutes</b>	<b>Fire Protection and Prevention</b>
	9:15 am - 10:30 am	<b>1 Hour 15 Minutes</b>	<b>Personal Protective and Lifesaving Equipment</b>
	10:30 am - 10:45 am		Break - 15 Minutes
	10:45 am - 11:15 am	<b>30 Minutes</b>	<b>Personal Protective and Lifesaving Equipment</b>
	11:15 am - 12:00 pm	<b>45 Minutes</b>	<b>Focus Four Hazards: Electrocutation</b>
	12:00 pm - 1:00 pm		Lunch - 1 Hour
	1:00 pm - 2:00 pm	<b>1 Hour</b>	<b>Focus Four Hazards: Electrocutation</b>
	2:00 pm - 3:00 pm	<b>1 Hour</b>	<b>Focus Four Hazards: Struck-By</b>
	3:00 pm - 3:15 pm		Break - 15 minutes
	3:15 pm - 3:30 pm	<b>15 Minutes</b>	<b>Focus Four Hazards: Struck-By</b>
3:30 pm - 4:30 pm	<b>1 Hour</b>	<b>Tools - Hand and Power</b>	
<b>Day Three</b> 5 H 15 M	8:15 am - 8:30 am		Administrative
	8:30 am - 9:30 am	<b>1 Hour</b>	<b>Focus Four Hazards: Caught-In or Between</b>
	9:30 am - 10:30 am	<b>1 Hour</b>	<b>Powered Industrial Vehicles</b>
	10:30 am - 10:45 am		Break - 15 Minutes
	10:45 am - 12:00 pm	<b>1 Hour 15 Minutes</b>	<b>Materials Handling, Storage, Use and Disposal</b>
	12:00 pm - 1:00 pm		Lunch - 1 Hour
	1:00 pm - 1:30 pm	<b>30 Minutes</b>	<b>Materials Handling, Storage, Use and Disposal</b>
	1:30 pm - 3:00 pm	<b>1 Hour 30 Minutes</b>	<b>Excavations</b>
<b>Day Four</b> 6 H 30 M	8:15 am - 8:30 am		Administrative
	8:30 am - 10:30 am	<b>2 Hours</b>	<b>Focus Four Hazards: Falls</b>
	10:30 am - 10:45 am		Break - 15 Minutes
	10:45 am - 12:00 pm	<b>1 Hour 15 Minutes</b>	<b>Stairways and Ladders</b>
	12:00 pm - 1:00 pm		Lunch - 1 Hour
	1:00 pm - 1:30 pm	<b>30 Minutes</b>	<b>Stairways and Ladders</b>
	1:30 pm - 3:00 pm	<b>1 Hour 30 Minutes</b>	<b>Scaffolds</b>
	3:00 pm - 3:15 pm		Break - 15 minutes
	3:15 pm - 4:30 pm	<b>1 Hour 15 Minutes</b>	<b>Safety and Health Programs</b>
<b>Day Five</b> 5 H 15 M	8:15 am - 8:30 am		Administrative
	8:30 am - 10:30 am	<b>2 Hours</b>	<b>Foundations for Safety Leadership</b>
	10:30 am - 10:45 am		Break - 15 Minutes
	10:45 am - 12:00 pm	<b>1 Hour 15 Minutes</b>	<b>Foundations for Safety Leadership</b>
	12:00 pm - 1:00 pm		Lunch - 1 Hour
	1:00 pm - 3:00 pm	<b>2 Hours</b>	<b>Foundations for Safety Leadership</b>